



News Release

For immediate release: June 18, 2009

(09-102)

Contacts: Kyle Unland, Nutrition, Physical Activity, Obesity Prevention 360-236-3757
Gordon MacCracken, Communications Office 360-236-4072

Dad's health is a walk in the park, then serve up grilled chicken or fish

Celebrate Father's Day with healthier options

OLYMPIA — What better way is there to celebrate Dad's special day on June 21 than with a fun day at the park followed by a healthy dinner? Get the blood flowing with a nice walk, then grill some fish or chicken, add fresh fruit and vegetables, and you've got a recipe for improving Dad's health. It'll help the whole family do the same.

"Father's Day is a great time to do something with our kids and be a positive role model," said Dr. Maxine Hayes, Washington State Health Officer. "Plan a fun activity. Go to the park and play catch, or explore one of our wonderful state parks. For dinner, what's better than a slab of our Pacific salmon or steelhead fresh from the grill?"

Hayes points to our state's escalating obesity and chronic disease rates as incentives to getting healthier. That may be reason enough for fathers to set good eating examples for the younger generation. And for adults hosting Dad on his special day, heart-healthy meals reinforce the importance of making smart, healthy choices at meal time.

"More than half of us in Washington are overweight or obese, and many of our children are very at risk for becoming obese," she said. Chronic ailments such as heart disease and diabetes often can be prevented with good nutrition and regular physical activity.

The Washington State Department of Health recommends a minimum of five servings of fruits and vegetables each day for everyone. To stay healthy, adults need at least 30 minutes of physical activity each day and children need 60 minutes a day.

Hayes suggests planning a Father's Day meal to include several fresh fruits and vegetables. "Try teriyaki shish kabobs and alternate between fruits and vegetables with meat," she said. "Serve a big tossed salad or pasta salad with shredded carrots and bits of broccoli. For dessert, serve up slices of watermelon or some locally grown strawberries."

If you're planning Father's Day festivities, help your Dad feel and look great by choosing healthy foods that taste good and help the whole family stay healthy. Check out [Your Personal Health](http://www.doh.wa.gov/cfh/NutritionPA/your_personal_health/default.htm) (http://www.doh.wa.gov/cfh/NutritionPA/your_personal_health/default.htm) or [Healthy Eating](http://www.cdc.gov/healthyweight/healthy_eating/) (http://www.cdc.gov/healthyweight/healthy_eating/) for additional healthy food information.

[Food safety tips](#) for those who like to barbecue are available online from the U.S. Department of Agriculture (http://www.fsis.usda.gov/Fact_Sheets/Barbecue_Food_Safety/). The Department of Health offers a full menu of [barbecue and picnic food safety advice](#) from preparation to cleanup (<http://www.doh.wa.gov/ehp/food/barbecuepicnictips.html>).

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Visit the Washington Department of Health Web site at http://www.doh.wa.gov for a healthy dose of information.
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